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Terror hits home

'Canada will never be intimidated,' says Prime Minister Harper in televised address to nation after killing at War Memorial and shootout at Parliament

A police officer runs with his weapon drawn on Wednesday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

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Terror expert talks

'It would be a mistake to be scared'

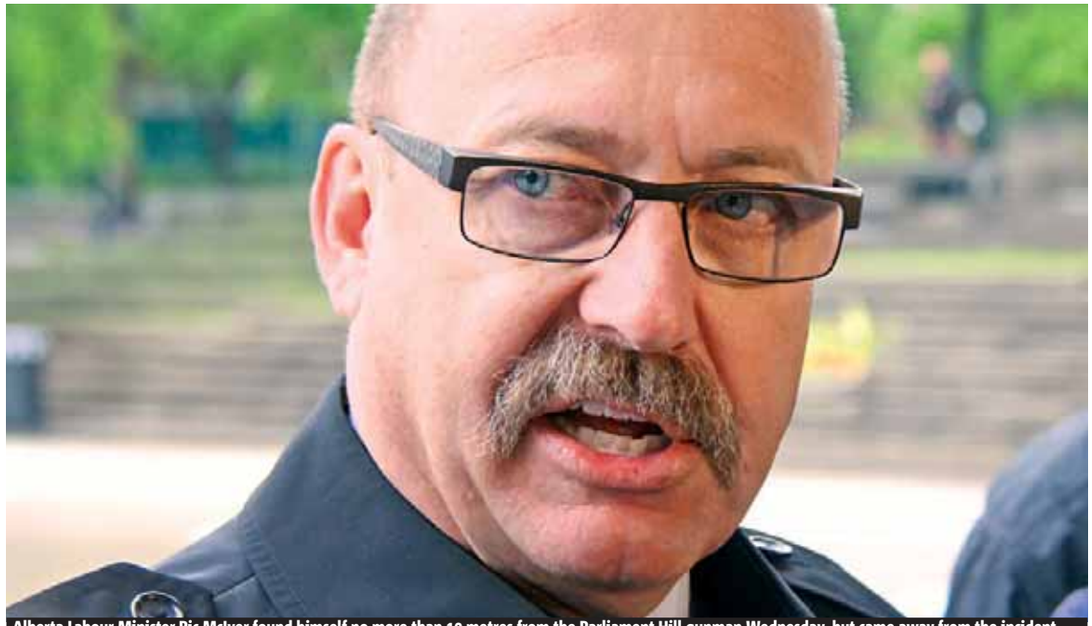
Two attacks on Canadian soldiers in three days are unlikely to be operationally related and while the public is understandably shocked, "it would be a mistake to be scared," according to a University of Calgary terrorism expert.

"I think it's right to be concerned, but not worried," Gavin Cameron, a political science professor who specializes in international relations and terrorism, said Wednesday. "As a member of the general public, the likelihood of being directly affected by terrorism is tiny. Even after today, it's still tiny."

Cameron said he would be "surprised" if there was a "formal connection" between Martin Couture-Rouleau, who allegedly ran down two soldiers with his car near Montreal on Monday, and Michael Zehaf-Bibeau, the suspected killer of a soldier in Ottawa Wednesday. "The guy on Monday was under fairly tight surveillance in the weeks leading up to his attack," Cameron said. "So the likelihood that he's part of wider group and the RCMP missed it … strikes me as probably less likely than that he was simply a lone wolf.

"It's relatively small groups and, more often than that, it's individuals that are being motivated to participate, with loose connections to the wider movement but only very limited operational connections to other activists," he said.

ROBSON FLETCHER/METRO



Alberta Labour Minister Ric McIver found himself no more than 10 metres from the Parliament Hill gunman Wednesday, but came away from the incident unscathed. METRO FILE

Minister recounts brush with Ottawa gunman

'I will never forget it.' Alberta politicians caught in Parliament Hill chaos

JEREMY NOLAIS
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He heard the gunshots, saw commotion, and knew something was amiss.

Then, there was the screeching of tires from a brown Toyota just metres away.

"Frankly, it never occurred to me until he got out with a long-barrelled gun in his hand that this was the shooter, right beside us on the sidewalk," Alberta Labour Minister Ric McIver recalled hours after standing no less than 10 metres from the attacker who wreaked havoc on Parliament Hill Wednesday.

"It was actually close enough where I had to make a decision whether to go towards him, knowing that I couldn't run away from him to avoid a shot. While I was looking only at him, he was looking at everything but me."

McIver fled the area but looked repeatedly over his shoulder.

"If he turned the gun in my direction I was going to hit the deck to give him a smaller target to shoot at," he said. "As it turned out, I didn't need to do that. He showed no interest in me whatsoever."

Alberta Sen. Doug Black, who's from Calgary, watched in awe from his windowed office in the Victoria Building as hundreds of armed police and military rushed the Hill.

"This is the kind of thing you see on TV or movies," he said around noon, while still hiding behind a desk in the building's lobby.

Inside Parliament's Centre Block, Edmonton NDP MP Linda Duncan was attending her party's national caucus meeting when she heard the shots.

"All that was between us and this gunman … was a set of wooden doors," she said. "Thank God he went straight ahead and didn't turn right. Had he done so, he would have found over 100 of us in that room."

Duncan said her group was eventually moved from the caucus room to another building, adding, "You could smell the gunfire. I will never forget it."

WITH FILES FROM RYAN TUMILTY

Edmonton. Soldiers mourn fallen comrade

Members of the Canadian Forces based in Edmonton called the death of a fellow soldier Wednesday "deeply" repugnant after a fatal shooting on Parliament Hill in Ottawa.

Shortly after 9 a.m., a soldier in the nation's capital was shot while standing on guard by a memorial to honour fallen military members.

While police responded to the shooting in Ontario, local members of the Canadian Forces said they were rocked by the attack on home soil. "It's just shocking. I think you're just stunned and it takes you a while to process what's actually happening," said Cpt. Donna Riguidel, who has been based at the Edmonton Garrison for the past year.

The soldier killed in the shooting was identified as Cpl. Nathan Cirillo from Hamilton and had been posted as an honour guard at a memorial near Parliament Hill.

"One of them was serving in an honour guard position and (his attack is) deeply repugnant and offensive to me," Riguidel said.

Meanwhile, in the city two Catholic schools were put on alert Wednesday following the shooting. ECS spokesperson Lori Nagy told Metro the district is taking precautions because both schools have military families. Both elementary schools have doors locked, with children staying inside for recess and lunch breaks.

"We felt as an extra precaution for families of the military that go to our schools, we put those schools on alert," Nagy said. LEAH HOLOIDAY/METRO

Quoted

"It does make it more difficult when it's happening on home soil. Even more so, I think it's difficult that the two soldiers that were attacked were not a threat to anybody." Cpt. Donna Riguidel

Hero on Parliament Hill a former Calgary Mountie

Took down gunman. Brother not surprised Kevin Vickers responded to 'call on behalf of the nation'

Sergeant-at-Arms Kevin Vickers, also a former Calgary Mountie, of the House of Commons leads MPs on Parliament Hill in Ottawa in March 2010. THE CANADIAN PRESS

A former Calgary RCMP officer credited with bringing down the Parliament Hill gunman has always put community and country first, his brother said Wednesday.

Kevin Vickers, now serving as sergeant-at-arms in the House of Commons, is believed to have led a team of officers into the Centre Block building and shot an armed intruder that terrified the nation Wednesday. Across the country in Victoria, his brother John Vickers waited anxiously for word that his brother was safe — he'd seen raw footage of the dramatic shootout.

"It was just a tremendous sense of relief that he was OK," he said, adding he'd been in contact with family but hadn't spoken to his brother. "The situation's still a bit fluid and because he's the guy still in charge of the security there, I don't need to be high on the conversation scale right now for him."

John said while the sergeant-at-arms may appear to be a largely symbolic position in the House of Commons, with the long gowns and the ceremonial sceptre he often carries, it's actually a role of great practical importance.

John, also a former Calgary resident himself, said his brother served with the Calgary RCMP in the 1990s and called the community of Scenic Acres home. He rose through the ranks and eventually moved to New Brunswick, before being appointed director of security operations for the House of Commons in June 2005.

On Twitter, MPs credited Vickers with saving their lives.

"MPs and Hill staff owe their safety, even lives, to Sergeant at Arms Kevin Vickers who shot attacker just outside the MPs' caucus rooms," tweeted New Democrat Craig Scott.

Veterans Affairs Minister Julian Fantino tweeted: "I am safe & profoundly grateful to Sgt at Arms Kevin Vickers & our security forces for selfless act of keeping us safe."

John, meanwhile, said his brother has always put service to the country first. "He was called upon by the nation today to respond.... It doesn't surprise me that he answered the call on behalf of the nation."

JEREMY NOLAIS/METRO
WITH FILES FROM THE CANADIAN PRESS

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Security on alert, but Alta. institutions carried on

'Awareness' heightened. No indications of threats in Calgary or Edmonton, but staff remain 'vigilant'

Public institutions and military bases in Alberta were put on alert Wednesday in the wake of the shootings at the National War Memorial and Parliament Hill in Ottawa but most saw few major operational changes.

"Here in Alberta, we continue to be vigilant," Premier Jim Prentice said in a statement.

With respect the security at the Alberta Legislature itself, the premier would only speak in general terms.

"We have robust security that includes armed Sheriffs, security instruments and protocols with the Edmonton Police Service," he said.

Public and school tours at the legislature were suspended for the day.

Soldiers at the Edmonton Garrison also kept a close eye on the situation in Ottawa.

"We are ever vigilant," said public affairs officer Fraser Logan. "As events in Ottawa continue to evolve, we're continuing to review our security disposition."

In Calgary, those in charge of security at old city hall and the municipal building said they were keeping an eye on developments but wouldn't discuss specific security protocols.

Security teams at city hall in Calgary "heightened" their "awareness," the city said in a release, but didn't take large-scale measures or restrict normal public access to municipal buildings.

Mayor Don Iveson said he didn't expect any changes to security at Edmonton City Hall and the city would "carry on with business."

"We have no reason to believe there's any threat to anywhere in the City of Edmonton or in city hall," Iveson said.

METRO

Alberta Sheriffs patrol the exterior of the Alberta Legislature in Edmonton on bicycles Wednesday. LUCY HAINES/FOR METRO

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Canada not 'immune' to risk: CPS chief

The Parliament Hill shootings in Ottawa on Wednesday were a shock for many Canadians, but Calgary Police Chief Rick Hanson said the risk of such an event is not new.

"We've known for some time now that nowhere in the world is immune," Hanson told reporters Wednesday afternoon. "This has just proven that Canada's no exception."

The RCMP and CSIS are responsible for investigating any potential terrorist activities, and Hanson said the Calgary police work closely with both agencies and are in contact with both almost daily.

Hanson said the biggest risk that exists right now is copycat activity, which is something Calgary police and federal agencies are paying close attention to. But Hanson said CPS is not doing much differently following the shootings in Ottawa.

Quoted

"Calgary's at no higher level of risk than any major city in this country."

Rick Hanson, Calgary chief of police

"Calgary's at no higher level of risk than any major city in this country," he said. "We are just carrying on with the belief that it is our responsibility to do what we can every day to make Calgarians safe."

For Hanson, the main thing Calgarians can do in this situation is continue to be vigilant and trust that police agencies across the country are committed to providing the best security possible for Canadians.

YASMIN JASWAL/FOR METRO

Accused of murder

Defence calls no evidence in trial of Timmy Engel

Testimony has concluded in the trial of a man accused of murdering and dismembering a senior from southern Alberta.

Timmy Engel's defence called no evidence, so closing arguments are to be heard on Friday in Lethbridge Court of Queen's Bench.

Court has heard that the torso of Otto (Bunty) Loose, who was 77, was discovered by police in the snowy woods west of Bragg Creek, Alta., in January 2012. The Vulcan man's hands were missing and his head was found several kilometres away.

Earlier in the trial, two undercover police officers testified that Engel confessed to the murder and asked them to help him dispose of the head. The Crown has also acknowledged that he later recanted and said another man did it and he was just pulled along. THE CANADIAN PRESS

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Hellard Field at Shouldice Athletic Park is seen in this file photo. A leading football organizer said a plaza redevelopment project at the park will make it "first class." METRO

'First-class facility' still in the works

Sport skirmish.
Gridiron booster refutes claims from fed-up softball players

JEREMY NOLAIS
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City amateur football organizers say they're feeling a tad bullrushed by comments from softball athletes about the state of a major athletic park.

On Monday, numerous competitors, coaches and representatives complained to Metro about the state of Shouldice Athletic Park, which they say has become particularly dire since construction has ramped up on the first phase of a plaza redevelopment project.

Some members, including Softball Calgary's executive director Derek Hann, said it felt too that sports other than football weren't being considered in big-picture plans for the bustling athletic centre.

But Greg Peterson, president of the Greater Calgary Amateur Football Association, said Wednesday that's simply not true, adding he was a "tad miffed" by such remarks.

"They're getting pushed out by football? Well, no, we're the ones putting all the time and effort and money to make that park eventually into one of the nicest parks," he said. "We're doing it, no one else is doing it.

"They're going to eventually have a first-class facility with a beautiful plaza and beautiful roads and nobody's touching the booking rights for their fields."

Peterson noted his organization already raised $9 million to establish three turf fields for football at the park, which opened in 2009.

He conceded that maintenance at the park has been a challenge over the years, with only two city employees devoted to upkeep.

"We have been complaining to the city about cleaning it up, but they only have so much money to spend," he said.

Extra Life: Calgary gamers grab controllers for a cause

Calgary gamers are gearing up to hit the couch and play for hours. No, this isn't your average binge-gaming spree, it's for a cause.

It's called Extra Life, and will see a collection of gamers all over North America working together to raise funds for Children's Miracle Network Hospitals.

To date, the Calgary chapter has levelled up ahead of Edmonton to raise more than $77,000 for the Alberta Children's Hospital.

"Runners will run in charity events and they can do something they love to make a difference,"said Aleksey Wolkowski president of the Calgary guild. "This is something that I do in my spare time on a regular basis and I love it, so why not try to make a difference with that?"

The team in Calgary is made up of 574 gamers who will play for 24 hours on October 25. Some of them, Wolkowski included, will livestream the event.

If they continue, they are on track to bring in a bonus prize of $30,000 as the team to raise the most money per capita out of all Extra Life teams.

JEREMY NOLAIS/METRO

Aleksey Wolkowski and Steven Lazarowych, organizers of Calgary's Extra Life guild, are excited for their 24-hour gaming session. METRO

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Is Paul Brandt getting a bad rap for cheeky new country tune?

Get A Bed. Singer's reps say some radio stations have refused to play the song because its rap verse doesn't fit their format

CANDICE WARD
calgary@metronews.ca

Alberta country music star Paul Brandt is getting a mixed response on his new tune, Get a Bed. CONTRIBUTED

Looks like that's a rap for Calgary country music star Paul Brandt and his new single, Get A Bed.

The new song — which includes a rap verse by Canadian rapper Fresh IE — is Brandt's cheeky response to the "bro country" movement and has generated polarizing reaction from fans and a few radio stations.

"It has been pretty incredible," said Brandt. "This has been the most reactive single that we have ever had."

The song is a commentary on country music today and the lyrics are focused on being a gentleman when it comes to pursuing women.

Brandt had even taken to social media to poll his fans on whether they were pro-rap or preferred their country music a more traditional way.

Polls closed on Tuesday morning and the rap version had wedged out the non-rap version by 20 per cent.

"Music is like candy — you should throw away the (w)rappers," said Joy Reinders Steele, on Brandt's Facebook page.

On the other side, fan Audra Potter Chase said on Facebook it "is the kind of respectable music we need more of these days."

While representatives for Paul Brandt have said there were stations that have refused to play the song because the rap verse does not fit their format, Country 105 has fully embraced this new sound from Brandt.

"I like the message, it's not offensive," said Scott Phillips, music director and on-air talent for Country 105.

When given the choice by the label to play the rap version or the non-rap version, Phillips said they will continue to play the rap version.

"Come on people, let your hair down and relax," said Phillips.

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Justin McKinnon-Blomme COURTESY CALGARY POLICE

Family of missing man plead for public's help

'We have no trace of him.' Family and friends have not heard from Calgary's Justin McKinnon-Blomme since he disappeared last month

YASMIN JASWAL
calgary@metronews.ca

It's been almost a month since 21-year-old Justin McKinnon-Blomme went missing, and his family is once again asking anyone with any information on his whereabouts to come forward.

"We're trying to follow every possible lead that we can," said Karleen Thibault, McKinnon-Blomme's mother. "There's been nothing. We have no trace of him."

McKinnon-Blomme was last seen on Sept. 24. He left a party with friends, but he exited the vehicle he was in at a red light at the intersection of Acadia Drive and Southland Drive SE and headed towards an alley. He has not been seen or heard from since.

Thibault last saw her son for lunch the day before he went missing. She said he texted her the same night, and that's the last she's heard from him.

"If he's out there, we want him to know how much we love him and miss him," said Thibault.

"We just need to have him home to know he's okay. It's a mother's worst nightmare to have her child go missing and not even know. "

McKinnon-Blomme is described as white, with blonde hair and blue eyes, approximately five feet 10 inches tall and 140 pounds. He was last seen wearing a black leather jacket and dark jeans.

Anyone with information is asked to contact Calgary Police at 403-266-1234 or Crime Stoppers at 1-800-222-8477.

Animal Bylaw Services

Two Calgary cyclists and one mail carrier injured in three separate dog-bite incidents

Calgary authorities seized a pit-bull-type dog after it allegedly attacked a 70-year-old woman and chased and threatened another person.

The unsupervised animal ran up and bit the 70-year-old woman's hand, breaking several bones, according to Animal and Bylaw Services (ABS).

That incident occurred after the woman stopped to talk to a neighbour while cycling in the northwest community of Montgomery at about 5:30 p.m. on Oct. 18.

The same dog was then involved in another incident on Oct. 19, according to ABS, in which it chased and threatened a person. The dog was seized on Oct. 19.

There was another dog-bite incident on Oct. 20, according to ABS, in which a boxer injured a mail carrier.

The Canada Post employee was delivering a package to a home on Assiniboine Road SE when the dog bit the person's hand, "resulting in an open wound that required stitches," ABS said in a release. Charges are pending in that incident.

In a separate incident on Oct. 20, a cyclist was bitten on the calf in the vicinity of 50 Avenue and 14A Street SW at around 2:20 p.m.

"According to the victim, he rode past a woman who was walking seven or eight dogs when one of the dogs bit him on the calf," ABS stated. "The dog walker then left the scene before details could be shared."

The dog walker is described as "heavy-set with sandy blond hair" while the offending dog is described as "a large black and tan cross-breed, roughly 30 lbs, with short hair."

Anyone with information is asked to call 311. METRO

Ottawa thrown into chaos after gunman storms the Hill

Police secure an area around Parliament Hill on Wednesday. A gunman opened fire at the National War Memorial, killing a soldier, then moved to nearby Parliament Hill and wounded a security guard before he was shot, reportedly by Parliament's sergeant-at-arms. ADRIAN WYLD/THE CANADIAN PRESS

Rampage. Shooter killed, but police remain on lookout for more suspects

TREVOR GREENWAY
Metro in Ottawa

Ottawa went into siege mode Wednesday after a gunman rampaged into Parliament Hill's Centre Block shortly after he shot and killed a Canadian Forces reservist who was guarding the National War Memorial.

A high-ranking federal official confirmed Wednesday that the gunman killed in Wednesday's deadly shooting incident was Michael Zehaf-Bibeau, according to The Canadian Press.

Cpl. Nathan Cirillo has been identified as the soldier killed by Zehaf-Bibeau at the National War Memorial.

The Hamilton, Ont.-based reservist was standing as the honour guard at the memorial when he was shot. He later succumbed to his injuries.

On Wednesday night, police reinstated a lockdown in some areas of downtown Ottawa before later calling it off.

Police said there's no longer a threat to public safety in the downtown core. However, an investigation is ongoing on Parliament Hill. The Hill is closed to the public.

The RCMP are leading the investigation. More police presence is expected in the downtown area over the next few days.

According to witnesses, Cirillo was shot twice at "point-blank" range before the gunman ran toward Parliament's Centre Block. Several MPs said House of Commons Sergeant-at-Arms Kevin Vickers then fatally shot the gunman.

In a release issued Wednesday afternoon, police confirmed Zehaf-Bibeau had been killed. No other suspects are in custody, though police said others are being sought.

In a separate release, Ottawa Hospital said it had received three shooting victims from Wednesday's incident. Two are listed in stable condition.

Police refuted earlier reports of a separate shooting at the Rideau Centre mall.

Footage captured by a Globe and Mail reporter also shows police opening fire within the Hall of Honour.

Liberal Senate staffer Stuart Barnable told Metro he saw the whole shooting happen from his office on the East Block of Parliament.

"The guy pulled up outside the war memorial, jumped out of his car, got out with a rifle and shot at the guys who guard the war memorial. He hit one by the look of it. The other (soldier) booted it.

"(The shooter) ran back into his car, backed up Wellington (Street), and then swerved around and came up and jumped out and ran up towards the House of Commons. He had a long rifle."

Barnable said the man pulled the plates off a grey Toyota Corolla.

"He ran up the Hill and had a scarf covering his face. I ran down and told security to lock the doors."

Tony Zobl, 35, said he saw the soldier being shot from his office window above the war memorial.

"I looked out the window and saw a shooter — a man dressed all in black with a kerchief over his nose and mouth and something over his head as well — holding a rifle and shooting an honour guard in front of the cenotaph point-blank, twice," Zobl said.

"The honour guard dropped to the ground and the shooter kind of raised his arms in triumph."

Scott Walsh was working in a manhole near the East Block building when he said he heard gunshots. He then saw the ensuing panic and a gunman he said had long black hair and a face covered with a white scarf.

"He had a double-barrelled shotgun, he was about five feet from me and he ran right beside us, ran past the woman with the stroller and child."

The gunman then hijacked a car at gunpoint and drove it toward the Peace Tower.

The incident comes just two days after two Canadian soldiers were run over — and one of them killed — in Quebec by a man with jihadist sympathies.

Witnesses and those who have seen anything suspicious are urged to call 911, Crime Stoppers or Ottawa police directly at 613-236-1222, ext. 5493.

WITH FILES FROM THE CANADIAN PRESS, ANDREW FIFIELD, JOE LOFARO AND LUCY SCHOLEY

Malala events called off

Prime Minister Stephen Harper's office said two events scheduled for Wednesday in Toronto with Nobel Peace Prize winner Malala Yousafzai were cancelled.

- Harper was to moderate an afternoon question-and-answer session with Yousafzai at a Toronto high school.
- He was then scheduled to head to a downtown hotel, where the 17-year-old was to receive honorary Canadian citizenship.

Malala Yousafzai
RUI VIEIRA/THE ASSOCIATED PRESS

On the scene

Witness describes close call with shooter

Barry Willis, a contractor for Bell Canada who was working in front of Parliament Hill at the time of the shooting, said he heard five or six gunshots and saw the shooter running by him carrying a large firearm, possibly a shotgun or rifle.

"He turned around, pointed the gun at me and I dove behind my truck," said Willis, who was still rattled by the incident after speaking to the RCMP. "Another young parliamentarian type of guy dove into my truck."

Willis described the gunman he saw as a "very young" man wearing a "blue-and-white headscarf" and a long coat.

"I'm shaken up. I'm ex-military and I've never had a gun pointed at me like that," said Willis as police ushered him and other bystanders to a safer area along Elgin Street across from the National War Memorial.

Jennifer Wiebe was on lockdown inside a Sparks Street office building. Police evacuated her and others about two hours later.

"It's certainly unnerving to know (because) Parliament is a very public place and (there are) lots of people," she said.

JOE LOFARO/METRO IN OTTAWA

Barry Willis
JOE LOFARO/METRO IN OTTAWA

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Scenes from a dark day

Wednesday's shootings sent Ottawa into a surreal state of lockdown as police, paramedics and citizens responded to the morning's violence, which left two people dead.

1 Securing Parliament

Police secure the scene of a shooting on Parliament Hill in Ottawa on Wednesday. A Canadian soldier standing guard at the National War Memorial had been shot by a then-unknown gunman and there were reports of gunfire inside the halls of Parliament.

ADRIAN WYLD/ THE CANADIAN PRESS

2 Searching for suspects

Police point their guns toward the roof of a building on Sparks Street as they search for a possible second suspect.

JOE LOFARO/METRO

3 Evacuation

An RCMP officer stands guard as office workers are evacuated from a building on Sparks Street. **JOE LOFARO/METRO**

4 Barricading the door

A photo by Conservative MP Nina Grewal shows MPs barricading themselves in a meeting room on Parliament Hill after shots were fired inside the building.
NINA GREWAL/THE CANADIAN PRESS

5 Mass exit from Parliament

Conservative MPs are transported in an Ottawa transit bus from the Parliament buildings. **SEAN KILPATRICK/THE CANADIAN PRESS**

6 Vehicle connected to shooting

An older-model Toyota Corolla, which is believed to be connected to the shooting, sits parked and idling in front of Parliament Hill Wednesday morning.
JOE LOFARO/METRO

7 Paramedics respond

Police and paramedics tend to the soldier shot at the National Memorial, later identified as Nathan Cirillo of Hamilton, Ont., who died of his injuries.
ADRIAN WYLD/THE CANADIAN PRESS

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Cpl. Nathan Cirillo FACEBOOK

Fallen soldier 'always wanted to serve his country'

Cpl. Nathan Cirillo. Mourners came to pay their respects to the 24-year-old father killed while on duty in Ottawa

JESSICA SMITH CROSS
Metro in Hamilton

Cpl. Nathan Cirillo wanted to serve Canada in the military since his days at Sherwood Secondary School, when he wrote in his friends' yearbook that they would all go to Afghanistan together.

But that would never happen.

"He always wanted to serve his country," said his friend Jimmy Doan.

"At the time, that's where help was needed and he always wanted to be the person to help," said friend Alana Schneider.

After the news broke that Cirillo, 24, was the reservist shot and killed in Ottawa Wednesday, his high school friends went to the James Street Armoury in Hamilton, the home of the Argyll and Sutherland Highlanders.

Mourners left flowers all afternoon and into the evening as reservists, who wore street clothes as they were warned not to wear their uniforms in public, filed in through the armoury gates.

Cirillo's friends remembered him as the class clown who always made everybody laugh. Cirillo has two sisters and parents in Hamilton whom he was very close to, his friends said.

Schneider's fondest memory of Cirillo was eating his army food under a tree near their school. He'd been bragging about it and then brought some for his friends to try.

"It was awful," she said.

He has a young son named Marcus. Cirillo met the boy's mother, Kendra, at the Ancaster Fair after Cirillo and Doan were escorted out for not paying their way in, recalled Doan. Kendra and a friend asked them for a ride home, he said. "And voilà."

Jason Melnyk, also a high school friend, said Cirillo worked at GoodLife Fitness and loved working out. He last saw him at the gym, where he was lifting 210 pounds.

"He made it look easy, which pissed me off," he said.

Schneider said he was always strong, and recalled Cirillo lifting her up over his head and throwing her into a lake back in high school, she said.

A young woman who came by the James Street Armoury to pay her respects is a family friend and babysits Cirillo's son Marcus. Cirillo was funny, but would never take jokes too far, she said.

"When we were little he would grab us, pick us up and throw us over his back," she recalled.

Jesse Beattie, who served with Cirillo in the reserves, said he was "funny, outgoing and adventurous."

Passions

Cpl. Nathan Cirillo FACEBOOK

According to his Facebook profile, Cpl. Nathan Cirillo was an animal lover, outdoor enthusiast and fitness buff.

- Photographs show him posing with a dog last month. Other pictures show him with an axe in the woods in uniform, or smiling broadly as he stands in a river in swimming trunks. Another shows a kitten peeking out from his military backpack. THE CANADIAN PRESS

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Alleged Ottawa shooter's name linked to charges in Quebec, B.C.

Checkered past? Man with same name as alleged shooter has criminal record dating back to 2001

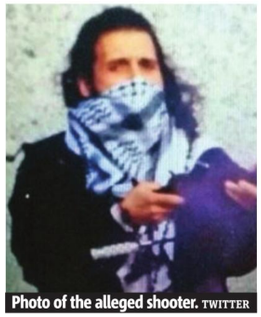
Photo of the alleged shooter. TWITTER

A man with the same name as the gunman slain in Wednesday's shooting in Ottawa had an extensive criminal record for petty crimes in Quebec as well as a single prior in Vancouver from three years ago.

Highly placed law enforcement officials have identified the shooter as Michael Zehaf Bibeau, born in 1982.

According to Quebec court records, a man with that name would have turned 32 last week, on Oct. 16,

A search of the publicly available Quebec court records suggests he had a lengthy criminal record with several convictions and brushes with the law in the early and mid-2000s.

The records appear under three different names — Michael Bibeau, Michael Zehaf Bibeau and Michael Bibeau Zehaf.

The earliest of the 13 identified Quebec court records dates back to June 2001 in Montreal.

Twelve of the 13 cases resulted in convictions. Four of them are drug-related — three for possession of marijuana and one for PCP — with charges dating back to 2004, '05 and '06.

There was also a prior conviction for assault causing bodily harm in 2001 for which he received a suspended sentence and a fine in 2002.

His longest sentence was for robbery, possession of break-in tools, theft and conspiracy with a co-accused in 2003. He was sentenced to two years in jail and three years' probation.

A man with the name Michael Joseph Paul Zehaf Bibeau, with the same year of birth, was charged in Vancouver in December 2011 with robbery.

He pleaded guilty in February 2012 to the lesser charge of uttering threats and was sentenced to a day in jail on top of 66 days credit for time served.

Court records indicate he was seen by a psychiatrist while in jail and found fit for trial.

The Vancouver police and the B.C. RCMP have confirmed they are working with the municipal police and Mounties in Ottawa, though they have declined to provide any more information.

A spokesman for the Montreal police said he hasn't been informed about any formal requests to provide assistance in the investigation, but was aware reporters were camped out at a Montreal address.

A source with knowledge of the case said that while the shooter had been denied a passport "in the normal course of applying," he was not under surveillance by security officials. THE CANADIAN PRESS

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Police in Winnipeg say they have discovered the remains of as many as six dead infants in a city storage locker.
JOHN WOODS/THE CANADIAN PRESS

Woman, 40, charged over dead infants in storage locker

Andrea Giesbrecht. Winnipeg resident faces six counts of concealing a body, forensic tests should give case more clarity

Police have charged a woman who was renting a storage locker where the remains of six babies were found, but they say it could be months before they know who the infants were or how they died.

Andrea Giesbrecht, 40, was arrested outside her home in north Winnipeg. Const. Eric Hofley said she faces six charges of concealing a body and one charge of breaching probation. Giesbrecht has also used the name Andrea Naworynski. Hofley said it will take an extensive forensic investigation to determine if she is related to the dead infants.

The state of the remains discovered Monday was such that police were initially unable to determine how many babies were in the locker. Their ages are still unknown, but they are believed to have been newborns, he said.

"The forensics that are going to be involved in this investigation, they're numerous," Hofley said Wednesday. "It will be a long time before we're able to answer these questions — if at all."

There are no homicide charges right now and police aren't interviewing any other suspects, Hofley added.

Greg Brodsky, Giesbrecht's lawyer, said he had seen a preliminary outline of the charges and met with his client. "She's in bewilderment," he said.

Giesbrecht was initially arrested on murder charges, but those weren't the charges that were filed with the court, Brodsky said. That indicates the autopsy and forensic investigation isn't complete yet, he said.

"The forensic examination is really important," Brodsky said. "There has to be an autopsy conducted in order to determine where this case is going."

The breach of probation charge laid by police relates to two charges for fraud over $5,000 that were laid against Giesbrecht in 2012.

She was sentenced to probation on those charges last month, Brodsky added.

THE CANADIAN PRESS

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‘CANADA WILL NEVER BE INTIMIDATED’

Prime Minister Stephen Harper in a screengrab of his televised statement from an undisclosed location in Ottawa on Wednesday night, the full transcript of which is below. PMO/THE CANADIAN PRESS

My fellow Canadians.

For the second time this week, there has been a brutal and violent attack on our soil. Today our thoughts and prayers are with the family and friends of Cpl. Nathan Cirillo of the Argyll and Sutherland Highlanders. Cpl. Cirillo was killed today, murdered in cold blood as he provided a ceremonial honour guard at Canada’s National War Memorial, that sacred place that pays tribute to those who gave their lives so that we can live in a free, democratic and safe society.

Likewise our thoughts and prayers remain also with the family and friends of Warrant Officer Patrice Vincent, who was killed earlier this week by an ISIL-inspired terrorist.

Tonight we also pray for the speedy recovery of the others injured in these despicable attacks.

Fellow Canadians, we’ve also been reminded today of the compassionate and courageous nature of so many Canadians — like those private citizens and first responders who came to provide aid to Cpl. Cirillo as he fought for his life. And of course the members of our security forces, in the RCMP, the City of Ottawa police, and in Parliament, who came quickly and at great risk to themselves to assist those of us who were close to the attack.

Fellow Canadians, in the days to come, we will learn more about the terrorist and any accomplices he may have had. But this week’s events are a grim reminder that Canada is not immune to the types of terrorist attacks we have seen elsewhere around the world.

We are also reminded that attacks on our security personnel and on our institutions of governance are by their very nature, attacks on our country, on our values. On our society, on us Canadians as a free and democratic people who embrace human dignity for all.

But let there be no misunderstanding. We will not be intimidated. Canada will never be intimidated. In fact, this will lead us to strengthen our resolve and redouble our efforts and those of our national security agencies to take all necessary steps to identify and counter threats and keep Canada safe here at home, just as it will lead us to strengthen our resolve and redouble our efforts to work with our allies around the world and fight against the terrorist organizations who brutalize those in other countries with the hope of bringing their savagery to our shores. They will have no safe haven.

While today has been without question a difficult day, I have no doubt Canadians will pull together with the kind of firm solidarity that has seen our country through many challenges. Together we will remain vigilant against those at home or abroad who wish to harm us.

For now, Laureen and I and Ben and Rachel join all Canadians in praying for those touched by today’s attack. May God bless them and keep our land glorious and free.

NDP Leader Tom Mulcair

‘We will not forget’

“I stand here tonight in solidarity, side-by-side with my colleagues, with our Prime Minister and with all Canadians.

“This attack struck with sudden and deadly violence.

“It was intended to make us more fearful of our neighbours and less confident in ourselves.

“But it has failed.

“Today’s events have instead only succeeded in drawing us closer, in making us stronger.

“We woke up this morning in a country blessed by love, diversity and peace, and tomorrow we will do the same.

“Canada is shaken today, but we shall not waver.”

EXCERPTS EDITED BY METRO

Liberal Leader Justin Trudeau

‘We will get answers’

“It was a cowardly act. An unarmed man was murdered in cold blood.

“Losing ourselves to fear and speculation is the intention of those who commit these heinous acts.

“We will remember who we are. We are a proud democracy. A welcoming and peaceful nation.

“We have remained Canadians and this is how we will carry on.

“The picture (we have) in our minds (is) of Canadians helping and protecting Canadians. That is who we truly are.”

EXCERPTS EDITED BY METRO

Twitter

@MikeKX947: Thoughts are with the young man who lost his life standing on guard for thee

@EdmontonOilers: Stay strong, Canada.

@AndrewLawton: praying for all those serving their country with pride and honour in Ottawa. #OttawaStrong

@mackaytaggart: Beyond powerful. Hours after deadly shooting in Ottawa, soldiers back on guard at National War Memorial.

@SimoneStop: thank you to the men and women who run towards the danger to keep us safe. #RCMP #StaySafeOttawa

@birdspxtting: Thank you everyone that’s praying for my city

@laura_toniolo: days like today should remind us to always be thankful for our canadian soldiers, police & RCMP #TrueNorthStrong #PrayForOttawa

@OttawaFuryFC: Today was a sad day, but seeing the support from the soccer community across Canada, the US and beyond is very touching #TrueNorthStrong

@Nicrobinson28: Thank you for your support as our country recovers from a tragic day @penguins. My thoughts are with his loved ones #canadastrong

@richbirch: Miss Canada tonight ... miss my home and native land. #TrueNorthStrong

@Faulksnation: Today we aren’t Conservatives, Liberals or NDP’s... today we aren’t West Coast or East Coast... What we are is United!

Leaders react to shooting

“I had a chance to travel to the Parliament in Ottawa ... I am reminded of how warmly I was received and how wonderful the people there were. And so, obviously, we’re all shaken by it.” U.S. President Barack Obama

“I’m appalled by today’s attack in Ottawa. I offer my full support to @pmharper and the Canadian people as they deal with this incident.”

British Prime Minister David Cameron via Twitter

“I spoke w/ @pmharper & expressed our condolences & solidarity w/ Canada, following the horrific murder of a Canadian soldier.”

Prime Minister of Australia Tony Abbott via Twitter

“Together with all of Canada, Sharon and I are shocked and deeply saddened to learn of today’s attacks.”

Canada’s Governor General David Johnston

“(My) thoughts are with the people and government of Canada at this difficult time.”

Statement on behalf of UN Secretary General Ban Ki-Moon

With lots of love from Pittsburgh

A sell-out crowd belted out O Canada as the Canadian flag was flashed on the scoreboard and projected onto the ice at the Consol Energy Center before the Penguins game against the Philadelphia Flyers, Wednesday night, in Pittsburgh, Pa. The Canadian anthem is normally played in U.S. hockey arenas only when a Canadian team plays. ANGIE CARDUCCI/TWITTER

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Live music from pipe organist makes Phantom spooktacular

Calgary organ fest. Weeklong event celebrates the quirky, loud and complicated instrument

LUCY HAINES
calgary@metronews.ca

Neil Cockburn and others will entertain during the Calgary Organ Festival and Symposium from Oct. 24- Nov. 2. CONTRIBUTED

Consider the pipe organ — an often-imposing keyboard instrument of pipes and pedals that can come five storeys high and is usually custom-built for churches, concert halls and such.

Calgary gets to celebrate this king of instruments with its annual organ festival and symposium from Oct. 24 to Nov. 2, with an eclectic lineup of international performers, workshops and a Halloween silent-film screening set to live music.

"We started a celebration of this quirky instrument five years ago and, with every year, we want to expand the programming to a broader audience," says Neil Cockburn, artistic director of the festival, who will play with the Calgary Civic Symphony at Jack Singer Concert Hall in a concert for organ and orchestra.

"We used to be more familiar with organ music because more people went to church — and that's where most organs still are."

Of the 30 or so pipe organs in Calgary, the grandest are at the Jack Singer Concert Hall and Knox United Church, each with four keyboards.

Cockburn calls the pipe organ the loudest single instrument that isn't amplified. "It's like a full orchestra unto itself, with solo sound of trumpet and flute, but it can join together, too, to make a majestic sound, or it can be other-worldly and spiritual."

Although he says the festival is a "real celebration for the critical mass of aficionados," with the requisite lineup of classical recitals (think hymns, preludes, fugues; Bach, Mozart and the like), there are lighter moments too, Cockburn promises.

On Oct. 31, the great Halloween Organ SpookTacular features a screening of the 1925 film Phantom of the Opera, complete with live pipe organ accompaniment.

"We expect a big turnout, and encourage people to dress up," Cockburn says. "I wore my Scottish kilt last year — it'll be a fun night."

As well, a hands-on introductory workshop aimed at enthusiastic pianists titled Pedals, Pipes and a Pitcher! will have participants crawling into the organ for a unique perspective on the instrument.

"The festival trains our future audiences — at the very least, it makes a more enlightened listener," Cockburn says.

If you go...

Lectures, workshops, free recitals, a young artists' concert and a ghost event on Oct. 31 will suit a variety of tastes at this year's Calgary Organ Festival and Symposium. For ticket and festival schedule, go to mtroyal.ca/organfestival.

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Television

Eva goes by the book with female-led comedy

Though she rarely steps in front of the camera anymore, former Desperate Housewives star Eva Longoria hasn't left TV. She has become quite a prolific producer for the small screen. Created with the screenwriters behind 90210, her latest sell, to ABC, is a female-led comedy series titled Bookclub.

This new project will focus on four female protagonists who pretend to be in a book club to get a break from the pressures and responsibilities of life.

Already a producer on the Lifetime series Devious Maids, Longoria adds Bookclub to the long list of productions in development at her UnbeliEVAble Entertainment outfit. AFP

Movies

Sean Bean stays grounded in The Martian

International Emmy Award winner Sean Bean has joined the cast of The Martian, joining Matt Damon, Jessica Chastain and Michael Peña for Ridley Scott's tale of desperate off-world survival.

Bean, well known for his appearances in Game of Thrones and Peter Jackson's The Lord of the Rings, will play a NASA flight director, reports Empire.

Matt Damon was installed early on as main character Mark Watney, whose crew accidentally deserts him on Mars.

The November 2015 film is based on Andy Weir's self-published sci-fi success, which debuted as a free download in 2012. AFP

Ryan Murphy attends the premiere screening of American Horror Story: Freak Show on Oct. 5. KEVIN WINTER/GETTY IMAGES

Television. Ryan Murphy sells another horror series

American Horror Story creator Ryan Murphy will mine a similar vein with Scream Queens, a new horror-comedy series ordered by Fox, The Hollywood Reporter reveals.

Due to air in fall 2015, the first series is set on a college campus rocked by series of murders. The idea is to reprise the anthology format of the FX series American Horror Story, introducing a new setting and plot each season.

The first 15 episodes ordered by Fox will centre on two heroines. Ryan Murphy and producer Brad Falchuk have begun the process of casting the two leads as well as 10 supporting roles.

Scream Queens is Murphy's third series slated to air on American TV next fall. Along with American Horror Story, which will enter its fifth season, FX will air its new spinoff American Crime Story. In the meantime, Murphy's Fox series Glee will end after its sixth cycle, which is due to premiere during the mid-season.

Next year, NBC plans to introduce Shades of Blue (a crime series produced by Jennifer Lopez), Manhunt and Heroes: Reborn. The latter will mark the return of Tim Kring's series after five years off the air. AFP

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Episode 8: Perseverance

Ramona receives a surprising text message that makes her question what is real... and she questions whether or not she wants to continue on her virtual quest. "It's something called a dopamine loop... a hunger for knowledge," says Tiffany Shlain, filmmaker and founder of The Webby Awards. Scan this photo for a video of Shlain talking about why we can't stop clicking.

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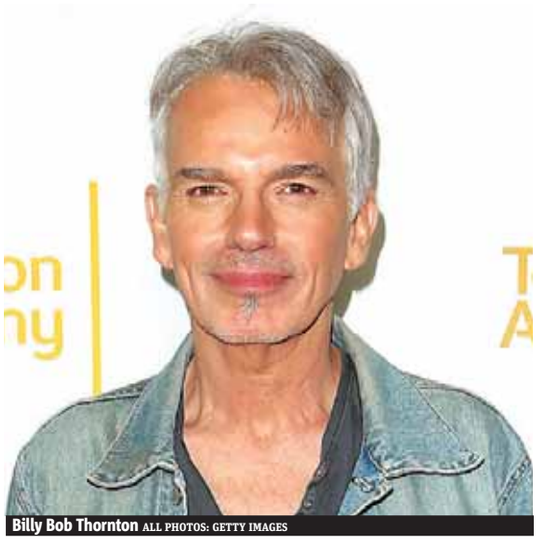

Billy Bob Thornton ALL PHOTOS: GETTY IMAGES

Billy Bob finally clears the air about that vampire rumour

If you've been waiting and waiting for Billy Bob Thornton to finally address that whole Angelina Jolie wearing a vial of blood around her neck thing from more than a decade ago — then first of all, weird. And second of all, it's your lucky day!

While speaking at Loyola Marymount University in L.A. recently, the Sling Blade actor was asked about his ex-wife's infamous piece of jewelry.

"I think it's your duty to kind of tell people the truth about this stuff, and the truth is not encouraged anymore," Thornton says. So here's the truth: "You know those lockets you buy that are clear and you put a picture of your granny in it or something like that and wear it around your neck? That's what it was," he explains.

"She thought it would be interesting and romantic if we took a little razor blade and sliced our fingers, smeared a little blood on these lockets and you wear it around your neck just like you wear your son or daughter's baby hair in one. Same thing. From that, we were wearing quart jars of blood around our necks. And we were vampires and we lived in a dungeon."

I knew it!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Zellweger isn't afraid to 'face' media frenzy

NED EHRBAR
Metro in Hollywood

So if you were anywhere around the Internet earlier this week, you heard about Renee Zellweger and reactions to her recent red carpet appearance. Or, more specifically, reactions to her face. Well, apparently Zellweger was listening. And in a move completely uncharacteristic of celebrity culture, she has offered her own response to the fracas. Only it's more awesome in theory than in practice. "I'm glad folks think I look different! I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows," she tells People magazine. She also calls all the discussion and debate "silly," which isn't exactly the word I'd use for it, but there you go.

"It seems the folks who come digging around for some nefarious truth which doesn't exist won't get off my porch until I answer the door," Zellweger continues, somehow pulling off folksy and coy simultaneously. "My friends say that I look peaceful. I am healthy. For a long time I wasn't doing such a good job with that. I took on a schedule that is not realistically sustainable and didn't allow for taking care of myself. Rather than stopping to recalibrate, I kept running until I was depleted and made bad choices about how to conceal the exhaustion. I was aware of the chaos and finally chose different things." As for talk of a drastic change in her appearance? That's just time, baby. "People don't know me in my 40s," Zellweger explains. "People don't know me healthy for a while. Perhaps I look different. Who doesn't as they get older? But I am different. I'm happy." So I guess you can get off her porch now?

Twitter

@rustyrockets
Media reaction to my UNRELEASED book - "Who are you to say anything?" or "How dare you say something".

@TayeDiggs
Sting is the coolest dude I know and he's 98 but he looks younger because he uses sunscreen.

@ZacharyQuinto
kudos to renee zellweger for responding with grace and intelligence to a deluge of unfounded accusation. a classy and thoughtful statement.

Justin Timberlake and Jessica Biel

Tabloid makes nice with the Timberlakes

It turns out all Justin Timberlake and Jessica Biel really wanted was an apology, and they got one.

In a Dublin courtroom this week, British tabloid Heat was forced to offer a mea culpa for reporting that Timberlake had been flirting with women in Paris this summer.

"The article was based on an unfounded report regarding Justin Timberlake's alleged behaviour at a club following a performance in Paris to celebrate a birthday and also included a number of purported statements improperly attributed to Jessica Biel, which Heat now understand had never been made by her," representatives said in a statement read in court, adding that Heat "regrets any embarrassment caused to the couple and unreservedly apologizes to them."

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LIFE 3

PLUS HOMES

All about the accents

The Toronto's World MasterCard Fashion Week tents at David Pecaut Square have been hosting some of the best designers in Canada. From fringe to floral, embellishments ruled the show.

Pink Tartan

Seasoned designer Kimberley Newport-Mimran kicked things up a notch with her '70s-inspired Pink Tartan spring collection and music from bands like The Doors. Newport-Mimran said while her previous lines have been "quite pretty," she upped the ante to "a little bit sexy" with next spring's collection. "I was very inspired by looking back to the '70s but moving it forward to modern times," Newport-Mimran says. Newport-Mimran dressed models in body suits with fringe, gold and black accessories and brought the first pops of colour to the runway with a floral pattern featuring pinks, oranges and browns. **TORSTAR NEWS SERVICE**

THE CANADIAN PRESS

Target Canada

Under the Fashion Week tents, the focus of Target Canada was on styles for men, women and children for the chilly months. Canadian supermodel Coco Rocha sat front row for the splashy presentation, complete with a red-carpeted runway and illuminated bull's-eye logos. Cheery models showcased a vast array of cold weather wear with pretty, patterned cardigans, faux furs, quilted coats, bomber jackets and blazers. Styles for women encompassed the ultra-feminine — like sheer blouses, slinky lace camisoles and jumpsuits — alongside more edgy, embellished options like leather studded gloves. **THE CANADIAN PRESS**

THE CANADIAN PRESS

Bustle

Bustle brought a burst of bold colours to its spring-summer collection, which combined fashionable elements and style influences from rugged athletic apparel and Mykonos, a famed sun-soaked hot spot. Creative director Shawn Hewson said they dubbed the latest line for the label An American in Mykonos with the combination of classic, American rugby-inspired prints with seaside prints inspired by the Greek island. The collection was awash in pink, lilac, turquoise and a rich range of blues, with Bustle's slick signature suiting and shirts accented with colourful buttons and patterned trims. **THE CANADIAN PRESS**

THE CANADIAN PRESS

Sid Neigum

The Alberta-born, Toronto-based designer kicked off spring-summer 2015 collections at David Pecaut Square with a solo presentation of his intricately crafted collection inspired by modular origami. Neigum said he laser-cut the shapes out of fabric and then hand-weaved them all together. "Some of the pieces were 600 parallelograms hand-sewn together to create the geometric 3D geometry pattern. That was the starting point," he said. Neigum also made ample use of asymmetry in the hemlines of sleek skirts and belted dresses showcased within the line. **THE CANADIAN PRESS**

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Beauty of black in every room

Decorating. Rule No. 1: Define your space with the darkest of neutrals to create impact

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

There's an old rule in decorating: Every room needs a bold hit of black. The darkness of black helps to rest the eye in rooms that are full of colour or pattern. If overused, black can look cheap; if underused, it won't have impact.

If you want to paint a room with black, there are a few decorator rules to follow

1. Use it on one wall as a focal point only if there are a few heavy or dark furniture pieces to help balance the visual weight.

2. Paint an entire room black and create a dramatic background for a large collection of art, mirrors and draperies.

3. North-facing rooms should have red-based black colours and south-facing room should have blue-based black colours.

Want to accent your existing neutral space?

Here are some products that are sure to create trendsetting silhouettes around your home.

On the bench

Timeless bentwood beech creates curves in a classic black bench. SONNY Black Bench, $599, CrateAndBarrel.com.

Go for a decanter

Kosta Boda's Street Decanter mimics the gridlines of an urban road map. $375, TheBay.com.

So swish

Black is back in the kitchen. Whirlpool's Gold Top-Control Dishwasher in Black Ice finish, $700, Whirlpool.ca.

Rhino for the books

Add the silhouette of exoticism to your mantle or bookcase. Rhino Bookend Set, $29, UrbanOutfitters.com.

Whoo wants a drink?

Add some old-time libations to your bar. Owl's Brew Tea Cocktail Mix, $13, Homesense.ca.

Throw yourself into it

Cuddle up (black is slimming) at the game, in the car or by the fire. GURLI Synthetic Throw, $15, IKEA.com.

CALGARY DEALERSHIP CLEARING OUT ALL USED INVENTORY UP TO 50% OFF!

Carl Holst, Sales Manager of Stampede Toyota, just announced plans to hold a vehicle summer clear out taking Place Saturday October 25th 2014. According to Mr. Holst increased sales from the last few months have resulted in an overstock of trade-ins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we must reduce the number of cars and trucks on our used lot to a more manageable number. During this vehicle spring clear-out sale every used car and truck will be sold from 10% up to 50% off its original asking price." Mr. Holst said. "In fact, cars that normally sell for five to eight thousand dollars will be sold for three to five thousand," Mr. Holst said. "Our customers will find these prices even lower than at wholesale auctions."

Auction bidding often inflates the true value of a car so you pay more. Here every car is on sale, first come first served and no bidding. It's the perfect opportunity to get a good quality new or used car at the lowest price in the city. All cars will be on display at Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway. This sale is one day only, doors open at 8:30am. Prices are posted on the windshield you will be given the opportunity to purchase the vehicle at these amazingly reduced sale prices. This innovative approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle.

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as **50% OFF, Saturday October 25th, 2014**, during a one-day sale event.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said. "We also have three business managers who will help buyers arrange low-cost financing. We've got over $10 Million Dollars in inventory to choose from. Our total inventory will be close to 600 new and used cars and trucks to choose from. We want to remind everyone that this is a one-day sale only. When our inventory has been reduced, we will remove the sale prices and return to normal operations. Since we are a local business we would like to give back to the community," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than wholesale them at an auction." All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Due to the volume of sales during this event, please no telephone inquiries.

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Give chili a wildly delicious makeover

Karen's 'Flying D' Bison Chili. While you're changing up the meat, why not replace the kidney beans as well?

"People are usually surprised to discover that American media mogul Ted Turner is also a bison rancher who co-owns a chain of restaurants called Ted's Montana Grill," writes Jennifer Bain in Buffalo Girl Cooks Bison.

"Bison plays a key role on the menu. This chili, created by Ted's personal chef, Karen Averitt, is one of the restaurant's signature dishes. Pinto beans are a welcome change from red kidney beans.

Flying D, by the way, is one of Ted's ranches in Montana."

Ingredients

- 1 lb ground bison
- 1/2 cup diced yellow onion
- 2 tsp minced garlic
- 1 1/2 cups warm water
- 6 tbsp tomato paste
- 1 tbsp liquid beef bouillon concentrate
- 1/2 tsp dried oregano leaves
- 4 tsp chili powder
- 1 1/4 tsp ground cumin
- 1 tsp granulated sugar
- Pinch cayenne pepper
- Pinch freshly ground black pepper
- 1/2 cup canned pinto beans, drained and rinsed
- 1/2 cup fresh diced tomatoes or canned diced tomatoes with liquid

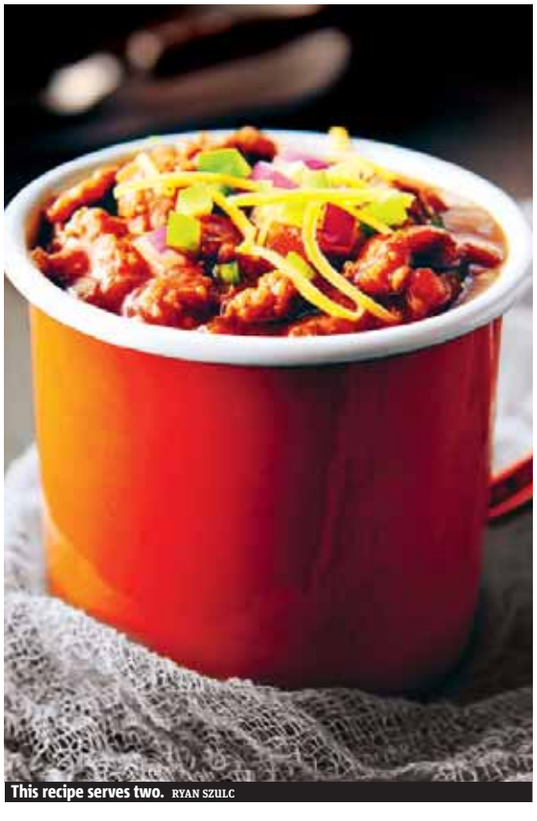
Optional toppings

- Grated cheddar
- Finely diced red onions
- Chopped jalapenos

1. In a large pot over medium-high heat, cook the bison, stirring with a wooden spoon to break up large pieces, for 5 minutes. Add the yellow onion and garlic. Cook, stirring, until soft, about 5 to 7 minutes.

2. In a measuring cup, combine the warm water, tomato paste, and beef bouillon concentrate. Whisk well. Add to the pot. Bring to a boil. Add the oregano, chili powder, cumin, sugar, cayenne pepper, and black pepper. Reduce the heat to medium-low. Simmer for 15 minutes. Add the beans and tomatoes. Simmer for 1 minute.

3. Serve chili topped, if desired, with cheese, red onions, and jalapenos. **FROM BUFFALO GIRL COOKS BISON BY JENNIFER BAIN (TOUCHWOOD EDITIONS, 2014)**



This recipe serves two. RYAN SZULC

Cookbook of the Week

Get with the trend

North America's original red meat, bison has become a trendy ingredient. In Buffalo Girl Cooks Bison by Jennifer Bain, it is featured front and centre in more than 100 recipes. The first comprehensive contemporary bison cookbook for a general North American market, it also introduces to you prominent bison ranchers.

Recipes include Quinoa and Kale Bison Soup, Braised Bison Short Ribs and more. **METRO**

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OCT THU23 FRI24 SAT25 SUN26

Pricing in effect Thursday, October 23 to Sunday, October 26, 2014. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

CONTRIBUTED

CONDO CAPTURES 'THE WAY WE LIVE'

University City in Brentwood delivers downtown style with uptown prices

Wherever you look today the buzz is all about real estate — conversations over holiday dinner, at the neighbourhood party, in magazines both national and local — the subject is often "Is this a good time to buy?"; "Can you believe the price Tim and Sue got for their home?" and on and on.

Real estate is front and centre in our lives because it's not only about financial security but also, and perhaps more importantly, about life and the way we live.

University City in Brentwood is a compelling story about the way we live. Now nearing completion, University City is home to more than 700 individuals and families. It is undoubtedly Calgary's and one of Canada's most successful condominium projects.

And it works because the principals of University City, Howard Sokolowski of Metropia and Joe Starkman of Knightsbridge, recognized three key cornerstones of the "way we live" and captured them at University City.

NEIGHBOURHOOD

While it is often coined that real estate is all about location, it is really the confluence of that neighbourhood and its interaction that makes it work.

Within walking distance of University City are:

- **Brentwood Village Mall:** Small enough to provide neighbourhood shopping but large enough for Bed Bath & Beyond, Sears Whole-Home among other shops.
- **University of Calgary:** More than 30,000 students enrolled, the university's goal is to become one of Canada's top five research universities by 2016. It will take the lead in educational innovation by researching the most effective methods for engaging students, by supporting faculty and by providing some of the most innovative learning spaces available anywhere in North America.
- **University Research Park:** Research Transition Facility (RTF) is home to the University of Calgary's new incubator for high-tech companies. The RTF is a multi-tenant, not-for-profit facility located adjacent to the University campus. It is designed to help University entrepreneurs turn new ideas and discoveries into marketable products and services.
- **Alberta Children's Hospital:** World class facility is the largest public hospital for sick children in the Prairie provinces and is only minutes away from University City.
- **SAIT Polytechnic:** An innovative and entrepreneurial post-secondary institution, distinct from universities and colleges in that it offers a skill-focused approach to learning.

INTEGRATED TRANSIT AND RESIDENTIAL DENSITY

As cities around the world attempt to "intensify" development in order to minimize sprawl and create economic efficiencies, most do so along transit corridors — and so it is with University City. Adjacent to the Brentwood LRT, University City is only 15 minutes to Calgary's thriving urban centre and yet University City delivers downtown style with uptown prices.

CONTRIBUTED

DESIGN AND VALUE

The 700 individuals and families embraced the design and value at University City because it suits their lifestyle perfectly. Whether a student at SAIT or University of Calgary or a health care professional, University City delivers efficient condo living at a great price.

Just "lock and go" is the motto of the young and vibrant University City resident.

THE NEW AND FINAL RELEASE

There are just a few excellent suites remaining in the final tower "U.C. 4" as well as a new release of just 20 urban townhomes ranging from one to three bedroom and facing onto the 7-acre Blakiston Park. Great design, upgraded finishes continue the success story of University City. Take a moment to visit University City at the Brentwood Mall and discover what 700 families already know — University City is Calgary's and Canada's condo success story.

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The Developer reserves the right to make revisions it deems appropriate in its sole discretion, to floorplans, unit configuration, and finishings. Unit sizes are estimates only and subject to revision by the Developer. All units are subject GST.

Plan games and play Halloween-themed music at your party. SHUTTERSTOCK

Throw a ghoulish gathering

Be creative with your Halloween party snacks and tie them into your theme. SHUTTERSTOCK

Plan it. Halloween parties lend themselves to lots of games, fun snacks, and cool decorations

MICHELLE WILLIAMS
For Metro

It's that time of year when monsters, witches, cowboys and princesses make their annual appearances. So plan for a shrieking good time. Here are some easy, eerie ideas, and totally terrifying tips for a happy Halloween party put together with the help of party planner extraordinaire Nancy Zaretsky of My Perfect Party Inc.

Choose a theme

There are so many ways to celebrate — from a pumpkin-carving event to a Halloween fun house party, or spook it up with a monster bash, or a witches and wizards gathering. "Use the theme as your anchor and tie in all party elements to your theme," Zaretsky said.

Send invitations

"The theme of your party should be apparent in your invite," Zaretsky said. If children are invited, let guests know of the "spook factor" so they can prepare little ones. "Use specifics from your theme and word the invite in a fun way — or make it scary," Zaretsky said.

Make up a menu

Be creative about snacks: Orange cheese popcorn; spider sandwiches (using cookie cutters); banana ghosts; freaky pizza fingers; pumpkin brain salsa dip; and chocolate pretzel spider webs are just a few ghastly good dishes. For your punch, simply freeze some green drink mix in a rubber glove then peel it off to create a giant monster ice cube hand.

Co-ordinate games, music

Make sure you add lots of spooky music to your mix — old favourites like Thriller, Monster Mash, Love Potion #9, Werewolves of London, Rock Lobster and Ghostbusters, to name a few, are guaranteed hits. Turn tried-and-tested games into Halloween favourites. "Have guests guess the number of candy corns in the jar, have a ball toss into carved pumpkins, or toss rings onto witches hats," Zaretsky said.

Decorate

Hit the local dollar store and fill the house with inexpensive Halloween decorations. Then make sure you have everything you need for your theme and your games — and be sure to have plenty of prizes as giveaways.

Creepy recipe. Spider brownie pizza

1. Line a rimmed 12-inch (31 cm) pizza pan with parchment paper; set aside. Prepare brownie mix according to package directions, spread brownie batter in the pan and bake for 15 to 18 minutes or until a tester inserted one-inch (2.5 cm) from the edge of pan comes out clean.

2. Cool brownies completely. Spread with cream cheese frosting. Arrange 12 ScAERO Snack Size Bars on top, leaving about a three-inch (7.6 cm) space between each bar.

3. Add chocolate frosting to a small resealable bag; snip corner. Pipe frosting around each bar to resemble eight spider legs. Pipe two dots on each spider to resemble eyes.

COURTESY OF NESTLÉ

This spider brownie pizza makes 16 servings. CONTRIBUTED

Ingredients

- 12 (7.3 g) Nestlé ScAERO Snack Size Bars
- 1/3 cup (75 mL) chocolate frosting or icing
- 1 package (450 g) brownie mix
- 1 cup cream cheese frosting
- 1/4 cup coloured icing

NBA draft

Anti-tanking reforms nixed

A proposal that would reduce the incentive for teams to lose games on purpose in an effort to get a better pick in the draft failed, needing 23 votes for approval but only received 17, with 13 lining up to vote against it on Wednesday.

The vote means the NBA's existing system will remain in place. The team with the worst record still has a 25 per cent chance at getting the top pick and cannot drop lower than fourth. THE ASSOCIATED PRESS

Suspended from NHL

Misunderstanding led to assault arrest: lawyer

Slava Voynov's attorney says the Los Angeles Kings defenceman never hit his girlfriend, and he blames Voynov's arrest on a misunderstanding partly caused by the couple's limited English.

Craig Renetzky is hopeful the NHL will end Voynov's indefinite suspension after reviewing the events that led to Voynov's arrest at a hospital near his home.

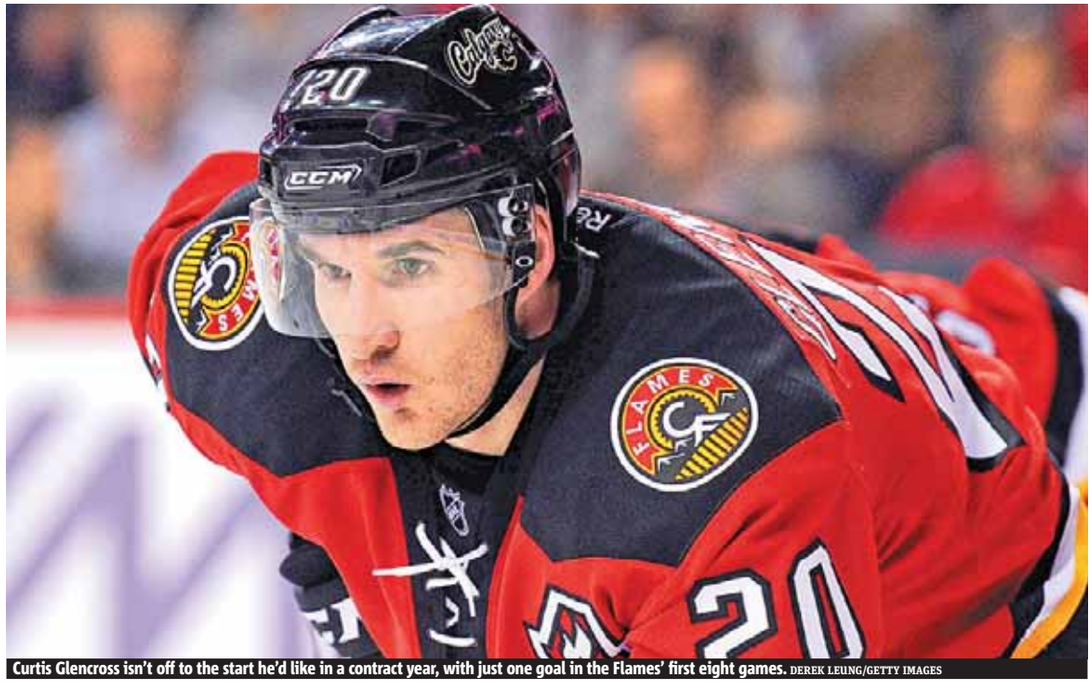
Without providing specific details, Renetzky said Voynov's girlfriend's injury resulted from "an accident." THE ASSOCIATED PRESS

Tennis

Bouchard falls to 0-2 at WTA Finals

Eugenie Bouchard's struggles continued at the WTA Finals on Wednesday.

The Westmount, Que., native lost 6-1, 6-3 to Serbia's Ana Ivanovic to drop to 0-2 in her group. She faces Serena Williams in her final round-robin match Thursday but has only a very slim mathematical chance of advancing to the semifinals. THE ASSOCIATED PRESS



Curtis Glencross isn't off to the start he'd like in a contract year, with just one goal in the Flames' first eight games. DEREK LEUNG/GETTY IMAGES

Glencross nearing a career crossroads

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

It's a financial make or break season for Curtis Glencross, and the Calgary Flames would like nothing better than to see him flourish offensively.

Glencross is a pending unrestricted free agent in 2015 coming off a four-year contract in which he signed for a hometown discount of $2.55 million annually. On the open market in 2011, Glencross probably would have received an offer of at least $1 million per year more (he was coming off a 24-goal season).

In other words, Glencross left money on the table four years ago so he could remain in Alberta and start a family.

But now he wants it back. Or at least that's the indication when contract talks with the Flames come up again.

Glencross will be 32 by next summer when he's a UFA, so this is his most crucial period to cash in on a four or five-year deal. You can bet there won't be a hometown discount this time around. So if Glencross can score between 25 and 30 goals this season (he's averaged 28 goals per 82 games since 2011), he'll be looking for north of $5 million. If he breaks the 30-goal barrier, he'll be looking for closer to $6 million. Heck, even if he fails to break the 20-goal barrier, he'll want close to a 100 percent pay increase.

Question for GM Brad Treliving and the Flames is whether a diminishing asset, albeit a loyal and versatile one serving in a leadership capacity, is worth that kind of investment just as the team is turning the corner on its rebuild. It's not like there's a dearth of skilled left wing prospects in the pipeline.

So far this season, Glencross has been a shell of his former self with just one goal and three points in eight games. He's barely noticeable in games. Maybe his best days are behind him and the Flames would be wise to limit any offer to just two or three years. But Glencross might view that as a slap in the face.

The Kindersley, Sask., native is a notoriously slow starter with a career average of just .43 points per game in October. The rest of the season he's at .57 points per game.

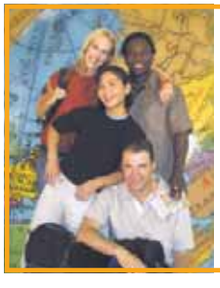
A productive Glencross would go a long way toward creating good headaches for the team. Do you give him the big-money, big-term he wants to stay in Calgary? Or, do the Flames consider asking Glencross to waive his no-trade clause and accept a trade to a cup contender next spring?

PDO check

103.5

Calgary ranks fifth in the NHL in even-strength PDO at 103.5. PDO is a combination of a team's shooting percentage (8.5 percent for the Flames) and save percentage (.950 or 95.0 for this study). Unusually high or low PDOs, such as Calgary's, trend towards 100 over time. In other words, as the season unfolds, watch for Calgary's shooting percentage or save percentage, or both, to drop to a number closer to 100 when added together.

4 SPORTS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Morris rink travelling the line less swept

Curling. Newly formed team opting to play less tournaments in leadup to the Brier

Team members, from left, John Morris, Pat Simmons, Carter Rycroft and Nolan Thiessen hope to develop chemistry on the fly in preparation for the Brier. JEFF MCINTOSH/THE CANADIAN PRESS

John Morris's curling team has a double challenge in this "completely unusual" season.

As the first team to wear the Maple Leaf at the Canadian men's curling championship, Morris, third Pat Simmons, second Carter Rycroft and lead Nolan Thiessen will attempt to peak for the Tim Hortons Brier next March in Calgary while playing fewer events this winter.

So Morris has fewer games in which to develop chemistry with his new teammates. He was recruited to skip the team earlier this year when Kevin Koe departed to call shots for an entirely new team.

"We didn't put this team together if we didn't think we could be the best team in the world, so we're putting a lot of hard work in," Morris said Wednesday at the Glencoe Curling Club in Calgary.

"We're not playing as much on tour. We're not going every weekend to a different city in Canada. What we're doing this year is we're putting a lot of time in the preparation."

The four men were in the middle of a training camp in Calgary, which is unique in itself. Men's teams at that level tend to play more games and practice less. But almost everything about the Morris team's season is different.

The Canadian Curling Association introduced a men's Team Canada to the Brier in 2015 in order to mirror the women's national championship, the Scotties Tournament of Hearts. The defending women's champion has earned a bye to the following year's women's championship since 1985. THE CANADIAN PRESS

Quoted

"It will take a few bonspiels under our belt to really start molding and gelling, but I don't have a big concern with this team."

John Morris on the formation of his new team

CR7 villainous on Merseyside

Cristiano Ronaldo strikes a pose after scoring the opening goal in Real Madrid's 3-1 Champions League Group B win on Wednesday evening at Anfield in Liverpool. Ronaldo now has 70 goals in Europe's top club competition, just one behind Raul Gonzalez's all-time record. Scan the image with your Metro News app for a wrap-up of the rest of the day's action in Europe.

PIERRE-PHILIPPE MARCOU/AFP/GETTY IMAGES

NHL's new low. Sabres fans crave 'The Next One'

Connor McDavid tries not to read what's written about him, following the advice of agent Bobby Orr and so many people around him. But it's hard after Buffalo Sabres games.

"Whenever the Sabres lose, my Twitter just kind of blows up with fans kind of talking about me and stuff like that," McDavid said.

It goes beyond social media. Some fans have already had "McDavid 97" Sabres jerseys made up and wear them to games that he's not even eligible to play in.

Buffalo is tied for the fewest points in the NHL through six games and has been outshot 227-141. With the team in full rebuild mode and no expectation for success this season, some fans are on board with the idea of tanking for the No. 1 pick in June's draft.

Even with a draft lottery system in place that discourages tanking, former Sabres defenceman and current Erie Otters assistant coach Jay McKee understands why those looking at the long-term picture are willing to cheer for losing to get an opportunity to pick McDavid.

"They should want to get Connor McDavid, the fans here in Buffalo," McKee said. "But obviously in order to have a chance at drafting Connor, they're probably going to have to have a bad year again. And as a fan, as a player, that's not necessarily what you want, so it's kind of a double-edged sword."

On Wednesday night, McDavid played his first game at First Niagara Center, which could be his home rink in less than a year. In something of a novelty regular-season Ontario Hockey League game, McDavid and the Otters were in Buffalo to play the Niagara IceDogs. McDavid scored a goal and recorded three assists in an 8-4 win. THE CANADIAN PRESS

Connor McDavid is projected to be taken with the No. 1 pick in June's NHL draft. JAMES P. MCCOY/ THE BUFFALO NEWS/THE ASSOCIATED PRESS

Tank talk

"If you want to get a chance to get Connor McDavid, you're going to have to finish real low in the standings."

Jay McKee, Erie Otters assistant coach, on the possibility that Buffalo could throw this season for projected No. 1 draft pick Connor McDavid

SALES MANAGER

Metro Calgary is looking for a passionate and committed Sales Manager to manage the everyday functions of the Calgary sales department. The successful candidate will be responsible for the development and growth of evolving sales strategies and advertising solutions in order to effectively compete in the marketplace, achievement of sales targets, page yields and the development of new revenue streams.

PRIMARY RESPONSIBILITIES:

- Provide leadership to Sales Team to maximize both performance and professional growth
- Achieve and surpass revenue targets and other performance metrics across all print, online and mobile platforms
- Develop new revenue projects to assist in overachieving revenue goals
- Build strong customer relationships
- Increase the number of innovative and first-to-market programs
- Work in accordance with other retail sales managers across Metro English Canada and SMG to leverage appropriate cross selling opportunities.
- Lead major department projects with budget accountability

REQUIREMENTS OF THE POSITION:

- Post secondary degree in Sales and/or Marketing preferred
- Newspaper experience would be an asset
- Sales management training preferred
- Minimum of 3-5 years experience in a sales management role in the Calgary market
- Experience selling to retailer and/or small-medium business directly
- Excellent oral and written presentation, communication and negotiation skills
- Superior ability to manage a sales team utilizing a Customer Relationship Management System (CRM)
- Ability to problem solve and make decisions in a dynamic, ever-changing environment
- A passion for creativity; an entrepreneurial spirit
- Proficient in Microsoft Office applications

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than November 4th.

PLEASE QUOTE: "Sales Manager - Calgary" in the Subject Line.
All submissions will be treated as confidential.

metro

World Series

Bogus tickets, panties seized

Bogus World Series tickets worth tens of thousands of dollars, as well as counterfeit panties and other merchandise have been seized, federal authorities said Wednesday.

Homeland Security agents nabbed 126 counterfeit tickets before Game 1 between the Royals and the San Francisco Giants on Tuesday. U.S. Immigration and Customs Enforcement spokesman Shawn Neudauer said the tickets had a $43,000 street value.

Lindquist Press owner Eric Lindquist said he had no idea he violated copyright law when he printed a few dozen pairs of women's underwear with "Take the Crown" and "KC" across the rear for Birdies Panties in Kansas City. He said the design was hand-drawn.

Other counterfeit items seized by Homeland Security agents include baseball caps, cellphone cases, sweatshirts and baby clothes. THE ASSOCIATED PRESS

The Giants took a 1-0 lead into Game 2 of the World Series against the Royals on Wednesday night. Go to metronews.ca for the story.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The planets warn that someone you meet on your travels today is trying to hide something from you, something you need to be aware of. Dig deeper than usual and find out what they're up to.

♉ Taurus
April 21 - May 21
As both the Sun and Venus, your ruler, move into the partnership area of your chart today it will pay you to be more open about your feelings.

♊ Gemini
May 22 - June 21
What you need to remember today is that every cause has an effect. The planets indicate that something is about to happen that is directly linked to what you said or did in the past.

♋ Cancer
June 22 - July 23
No matter how difficult the past few weeks have been what comes next will restore your faith in yourself, if not yet the whole of humanity. Today's solar eclipse will delight you.

♌ Leo
July 24 - Aug. 23
You need to be alert and willing to take a risk if you are to benefit from the changes taking place around you. You will also need to be less thin-skinned.

♍ Virgo
Aug. 24 - Sept. 23
Although your money situation may still be difficult, you will be less inclined to worry now that the Sun is moving out of the financial area of your chart..

♎ Libra
Sept. 24 - Oct. 23
Your mind is full of big ideas but are you able to turn them into a new reality? The planets urge you to make an extra special effort — from which you can expect an extra special reward.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun enters your birth sign today and there is a powerful eclipse in your sign, so omens are excellent. There's no limits to what you can accomplish over the next month.

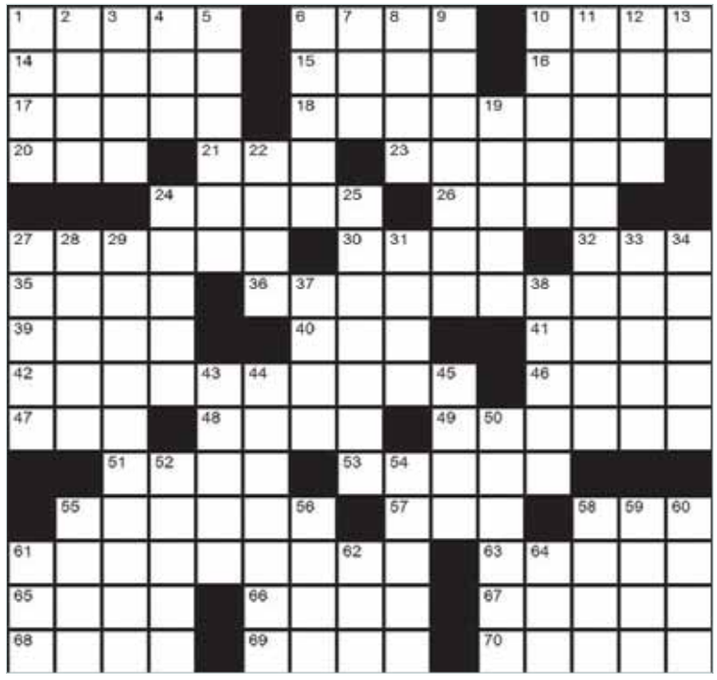
♐ Sagittarius
Nov. 23 - Dec. 21
You may want the good times to last forever but you need to get serious and, among other things, turn your attention inward, to what makes you tick.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Scorpio over the next few weeks will present you with numerous opportunities to showcase your creativity.

♒ Aquarius
Jan. 21 - Feb. 19
A great opportunity will arrive at just the right time, in just the right place and in just the right way over the next few days, so make sure you are ready for it.

♓ Pisces
Feb. 20 - March 20
You may not have enjoyed the past few weeks as much as some people but you have to admit you learned some valuable lessons. Now you will get the chance to apply what you have learned.

Crossword: Canada Across and Down by Kelly Ann Buchanan



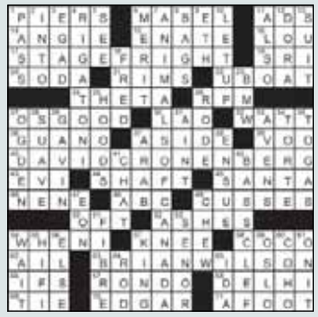
Across

1. Speedy, fast-__
6. Car's beeper
10. Fleece
14. Natural pigment
15. Classical song type
16. __ paper (School assignment)
17. Luba's "__ Before the Calm"
18. Le Chateau __ (Quebec City landmark)
20. Li'l tea party accessory
21. Choose
23. Follower of The Way
24. As such, Latin-style: 2 wds.
26. "Pay __ __ mind."
27. Acquiesce
30. Actress Ms. Rogers
32. Mil. force
35. Golfing norms
36. News story told through pictures: 2 wds.
39. William Wallace, for example
40. River of Hiroshima
41. "__, __ quiet ...pleeeze!"
42. Comfy seats: 2 wds.
46. Lively tune
47. Therefores
48. French writer Victor
49. Ties the knot in secret
51. Damp day reason
53. Brother on "Frasier"
55. Titles like Dracula's
57. Canadian cinematic org.
58. Pepe Le Who?
61. The Guess Who founding member/original lead singer: 2 wds.
63. __ for the Top (Quiz program for Canadian students)
65. "Well, ___ known that..."
66. Detective novelist, __ Stanley Gardner
67. Garden products brand
68. Dog, with Lhasa
69. Flanders river
70. Aeries

Down

1. Mail: Canada __
2. Does dialogue
3. Cut
4. Be in the wrong
5. Showcased the product
6. Weapon handles
7. The Cars singer Benjamin
8. Uprising
9. Vancouver Island city
10. Beer mug
11. Fighting __ (Part of the mission of nonpartisan writers organization PEN Canada)
12. "How now, _ __?" - Hamlet
13. Ancient's 2100
19. Comedian Ms. Fields
22. Casually trendy student, nicknamed
24. Irritating
25. Bee Gees penned tune Destiny's Child covered
27. Vaulted church parts
28. Chocolate source
29. __ Christian Communications (Burlington, Ontario based producer of the daily talk show at #44-Down)
31. __-TASS (Russian news agency)
33. Knitting: __ stitch
34. Tsar's turndowns
37. Author, Tami __
38. Arias
43. Beijing's locale
44. As per #29-Down... "100 __ Street", since 1977
45. __-belief (Confidence)
50. Basketball star Mr. James
52. Sound
54. __ tube (Lake fun thing)
55. Bloke
56. Certain cameras, curtly
58. Butter portions
59. Real
60. "Look __ Talking" (1989)
61. Steeped beverage
62. Ginger __
64. Afore

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	6					4		2
1			5			3		
		3	6					
				7				8
3		7	2		9	6		5
5				8				
					7	8		
		4			2			1
2		8					9	6

Yesterday's Sudoku

3	4	7	8	5	9	1	6	2
5	1	9	2	6	7	8	3	4
6	2	8	1	4	3	9	5	7
1	8	2	6	9	4	3	7	5
7	9	5	3	1	2	4	8	6
4	3	6	7	8	5	2	1	9
2	7	4	5	3	1	6	9	8
8	5	3	9	2	6	7	4	1
9	6	1	4	7	8	5	2	3

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The Sikh Community of Calgary

would like to wish everyone a

Happy Diwali &
Bandi Chhor Divas (Liberation from Imprisonment)

In October of 1619 the Sixth Guru of the Sikhs, Guru Hargobind Sahib Ji, was imprisoned on false charges in the fort of Gwalier. The leadership of India during this dark age was a brutal regime that held many prisoners who were otherwise innocent leaders of their communities. The Guru of the Sikhs peacefully secured, not only his freedom, but the freedom of the 52 other innocent leaders through enlightened protest.

"(When) the lamp is lit, darkness is dispelled…
… Where there is light of knowledge, ignorance is dispelled."
(Guru Granth Sahib p.791)

"I challenge the darkness.
If nothing else, then at least around myself, I will not let it settle. Around myself I will establish light."

- Jaswant Singh Khalra,
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